



Convergence of characters
Culinary students at the March event at the Kitchener Market on March 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



P100 parents
It can affect every aspect of your life. Page 12

WEDNESDAY, MARCH 29, 2012

COLLEGE, KITCHENER, ONT.

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Small kitchen, big dreams

BY NADY LOEBMAN

There was a piece of advice for second-year Conestoga College culinary students at the March event at the Kitchener Market on March 17.

Throughout March and April, culinary chefs from the college are hosting themed pop-up events at the Kitchener Market. This is a chance for culinary students to showcase cooking talents in a variety of themes like Asian street food, southern BBQ, East Coast seafood and more.

Shelley Goodenough, a second-year culinary student, was the head chef for the evening and ran a successful dinner service.

"Everything was smooth," she said. "I think that was because for my first time, I think I did pretty good."

She said the amount of prep the dinner took ahead of time in a lot more than most people realize. Tasks include designing the menu, creating the product, list and order sheet, appointing tasks to team members, budgeting, food costs and finding and ordering ingredients.

The evening allowed a delicious photograph theme to approximately 30 people. Students got to enjoy an appetizer, soup, entrée and a dessert dinner.

Steve Blomstedt, an instructor in the culinary program at Conestoga, explained what being there is about.

"This is a big part of the new curriculum of the culinary program and what I think is a real way to be," said Blomstedt.



PHOTO BY NADY LOEBMAN

Students at culinary students from Conestoga College prepared and prepared dinner on March 17, as part of the March 17th Market event at the Kitchener Market. Photo April 14, 2012, Nady Loebman.

"This is a very practical program and the ability for the students to learn how to run a kitchen, from people on to work every day for five, 10 years and to be able to have throughout their career is they really get to see the maintenance of all of their work."

He said he knew while his running catering, managing events and even just holding functions in strange places leads to adaptability, an amount of skill needed to get a job in the hospitality industry in retail. Being there is a chance for students to test their culinary abilities in the real world and develop their skills.

"Every student in the kitchen is going to learn and wants to bring their own talents to

the table and see them come to life," said Blomstedt. "These are the best people, being in the kitchen, from people on to work every day for five, 10 years and to be able to have throughout their career is they really get to see the maintenance of all of their work. We get to see our work as a sector of moments and the food on people's faces when the dish comes out of the kitchen. We get that recognition and instant gratification right away."

Matt Harvey, an event management program instructor, oversees the front end of the

conestoga dinner service.

"We have students who are first-year students and hold management students and beyond," he said. "They manage the food like the morning and making sure guests are comfortable."

He said they spent the first part of January and February co-ordinating everything and the March event was organized for a large portion of the students' practical work. Each student had to help out with their dinner as part of their program.

Jennifer Fletcher, manager of the event at Conestoga's

Centre of Culinary Arts, said she was at the front and did a lot with the planning and layout.

"I have a collaboration between the Kitchener Market, the culinary school and the Centre for Culinary Arts and the Kitchener Market. This is a sort of intergenerational event where students do the work by cooking and the other students, maintaining a budget, organizing the food and basically running their own culinary or event management business. We help them, and give them an idea of what it's like."

She said there is a big difference between the theory and practical experience in terms of the culinary industry. In your head, you think it's great, but what you think is going to happen and what actually happens are two totally different things and that's why the students use real-life experience to see what they're studying in school.

"Let's say you don't get your paper inventory and then you have a problem with your purchases or there's a problem with the product. Students have to think in their head and deal with things right away. They have to go through the mistakes when the part out of a book in a classroom is everyone reads everything, you perfectly. That's not real, and real world experience is to learn."

The Spring 2012 Dinner Series runs until April 14. Tickets are \$10 per person and reservations are required. If you'd like to take part, visit www.conestoga.ca/conestoga12/.

Condor Cash program gives students credit

BY THE JOURNAL'S NADY LOEBMAN

CONDOR Cards are going to be used for more than just your student number. Thanks to a Condor Cash program, students can use their card. With the new system, students will be able to load money onto an account tied to their CONDOR Card and use that money for purchases at Conestoga's computer music lab, a cafeteria and

Blomstedt said a debit card there will be no use to use the card according to Andrew Blomstedt, CONDOR Card manager. The only cards

to students will be the ones already associated with the cards.

"We will give students the ability of their choice to put funds onto their CONDOR Card and use them for the various purchases. It's simple, fast and convenient (Blomstedt) are carrying around their card anyway. We're just trying to make it really simple for them."

According to Blomstedt, the cards will be able to load their cards through a web portal. They will be able to deposit between \$10 and \$100 in

any one transaction, but it can also add more money at other times.

"The web portal will be a site that students can use that will allow them to deposit funds. They can also check their credit balance and request others of someone else's funds to load funds for their card. They can also check their credit balance."

"They'll also have the ability to load funds onto their cards through any of the book stores on our campus or there are a few options for loading funds."

"I think it's a good idea."

and Jack Martin, a second-year journalism broadcast student. "Though we're more excited to use it with the program. Right now it's just one of our identification cards and more than anything, I feel like it's just more functions as a student. Students might actually use it."

Through the web portal, students will also be able to suspend the use of their card if it was lost or stolen. They can also get help with that by going to the CONDOR Card office located on Nov. 1428 at the Conestoga campus.

At the end of their time at Conestoga College, students will be able to get a refund of any money on their CONDOR Card accounts.

"We're always looking for feedback to stay up-to-date on the students' needs. We're going to be doing a survey of preferences to see how many of our students may offer support for a new card, like a debit card, or some other little perks."

For more information, visit the CONDOR Card website at www.conestoga.ca/conestoga12/.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What would horrify you on a first date?



"Bad breath."

Abby Marsden,
second year
marketing and advertising

"A no show."

Nehal Thakur,
BBA professor



"Something in their teeth."

Cameron Desrosiers,
first year
business marketing

"Extremely late."

Heider Lyons,
first year
precision nursing



"A misunderstanding with."

Jordan Reynolds,
second year
business marketing

"Freakishly long
tongues."

Michelle Roberts,
second year
marketing and sales



Dear Conestoga, you could do next respondents

FELBERT CARTOONS



by L. J. Borch

For more comic strips visit www.felbertcartoons.com

THE MCKEEGHANS PERFORM AT CTS'S PUB NOGGER



PHOTO BY MICHELLE WILSON/CTC

On 23, Patrick's Day, Conestoga Students Inc. held a pub nogger. The event took place at the McKeeghans pub on the same. Above and right: Josh Ray, Randy Blythe and Chris Blythe play for the concert on the Conestoga.



HEALTH FAIR HELD FOR INTERNATIONAL STUDENTS



PHOTO BY JON WILSON/CTC

Third-year nursing students Leah O'Sullivan and Jordan Wilson stand by one of the informational boards at the International Students Health Fair on March 21 at Conestoga's Owen campus. The event was part of Health and Wellness Week, March 21 to 25, which featured interactive displays and activities.

Local man creates the Uber of dog walking

BY MICHELLE BARRON/CP24

A local man is changing the way people walk their dogs with Woppy, an app that connects dog owners with dog walkers in their area.

Last August, Gerard, David Ahmed was sitting on the front porch of his home when he overheard a conversation between an older man and a younger man in their neighbourhood.

He said the older man was allowing the younger man to come to walk the dog. The pair had just an app on their phone and were talking about dog walking.

"That's when the lightbulb went off in my head," Ahmed said.

The app was launched in early January on the Google Play Store and the App Store. By May, more than 100 dog owners in Canada have downloaded the app and hundreds more have used it, Ahmed said.

"The app is a really great idea because a lot of people have dogs and a lot of people are too busy or sick to give their dogs the adequate walks they require," Ahmed said.

The app is currently available on the Google Play Store and the App Store. It expects to come out with a couple of months.

Download the app to find

however. Woppy takes 10 per cent of the dog walkers fees. Dog owners can pay using their credit cards or through PayPal. The money goes to Woppy directly and the dog walkers get paid their portion of the money every Thursday.

"It's convenient, no cash required," he said.

Dog walkers will have to go through a background check and fill out an application. Woppy will decide what, if any, to approve them.

The dog owners will also have to register with their email address and mobile phone information. They can, then, select a 15-minute, 30-minute, 45-minute or an hour-long walk. For a 15-minute walk, it's \$10 for 30 min, \$15 for 45 min, \$20 for an hour or \$25.

The app will then give the owner a list of dog walkers in their area who have been approved.

The app will also include the rating of each dog walker. You can also request to have the same dog walker you prefer every time.

Once owners choose their dog walker, they can also decide when they want their dogs to be picked up from. Ahmed said one person has had dog

walked when she goes to the gym so she has the dog walker meet her at the gym. Owners can also have the walker pick them up from their house after a meal and great, can be held where the dog walker picks up the dog and dog before any walks take place. This gives the walker a chance to get to know the behaviour and personality of the dog.

Owners with two dogs can also have both dogs walked at the same time for an extra \$5. However, no more than two dogs can be walked at once.

Ahmed said the app is a feedback from his own problems as far as his dog, Riley, a four-year-old husky, because his son, a student, said "I would really really benefit from the Woppy app. I have two dogs and a very busy schedule so it would be helpful to have someone walk my dogs based on my location."

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PHOTO BY MICHELLE BARRON/CP24

Woppy owners is an app that helps dog owners find a dog walker in their area. The app is currently available on the Google Play Store and the App Store. It expects to come out with a couple of months.

NEW RESTAURANT OPENS ITS DOORS



PHOTO BY JANE H. GIBSON

Don't it is planned to downtown Guelph does this door in January after 20 years of their McDonald Street. Total six, the new restaurant, Home of the Chef, will occupy the location.

HABITAT FOR HUMANITY COMES TO COMESTOGA



PHOTO BY SARA GAGLIARDI

Business in marketing students brought Habitat for Humanity to Comestoga College. Students and faculty were encouraged to donate \$2 to the organization. And more people are now for a new story.

BESTSELLING AUTHOR COMES TO KITCHENER



PHOTO BY JESSICA GAGLIARDI

New York Times bestselling author Kelley Armstrong is the author of Visions, her 10th novel in the HarperCollins series. For more story, go to www.katearmstrong.com.

Vapes don't live up to hype

BY JONAS HENRY

There is a new trend among young adults as well as underage teens. Being vaperators (also known as vapes or vaperheads) is an alternative to smoking cigarettes that can be just as dangerous as smoking. Vapes have become a new craze. There are even things that appear to be selling these products – such as vending machines.

The devices work by placing a gel like liquid on a screen that heats up using a battery. The gel is available in many different flavours including the cinnamon taste. However, while some try to appeal to a young audience, the sticker label for these devices ranges from \$40 to \$100 with the flavoured liquid ranging from \$10 to \$15.

The danger is that it is better to vape than to smoke regular cigarettes and it is said that they are cheaper than smoking as well. If you do the math, it is cheaper to smoke these vaperators than it is to smoke regular cigarettes.

Recently, a teenager in Kitchener had some vaperators blow up in his face and set his forehead on fire. Now, you can standardly drop a cigarette in your car and it will burn your seat, but it won't blow up in your face. This teenager sent thirty-one cars into fire and he had them burn in January. Another teenager was taken to hospital for broken teeth, head trauma and an injured tongue when his cigarette also blew up in his face.

What we would like to know is how are teenagers legally buying these devices? When they first came out, there was no age limit. In purchasing them, but now with the added aspect of taxation, you must be 16 or older. However, even with this age limit, teens are still getting a hold of them.

When vaperators first appeared, no one knew a lot about them. The ignorance that made them so popular has gone away for you and these vaperators should try them, but they're not. Not only have teens been chemically abused, but they are also in what the long-term effects are. It is very easy for teens to get a bad addiction and if they have used it in any amount.

It should be illegal to advertise from anywhere, just such as with tobacco.

People need to think all the time before they go out and spend the money some of these. Making them dangerous, but also making them not helping people begin smoking, it's helping young kids to start.

The writer herein represents the position of the newspaper, not necessarily the author.

Letters are welcome

Opinion columns letters to the editor letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. We assigned letters will be published. Letters should be no longer

than 300 words.

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Vaperators are dangerous on two fronts - they explode and they're unhealthy

More than just a hit to the head



Mariana Cassidy
Opinion

Concessions have been affecting athletes for years, but football leagues continue to deny that there is a problem.

On March 14 a lawsuit by a former Canadian Football League (CFL) player who is alleging that players haven't been protected from concussions was thrown out of the British Columbia Supreme Court.

Defendant Bruce played for 14 years in the CFL on five different CFL teams.

The lawsuit claimed that Bruce suffered a concussion and lost consciousness during a game in September 2002 playing for the BC Lions. In November he returned to play even though he was still suffering from the effects of the concussion.

The CFL should have warned Bruce not to play even though he was symptomatic. The former player still suffers from concussions more than three years later.

There could have been more for the CFL of Bruce had players not agreed to be tested for protein marker symptoms in even that they only have two symptoms

stopped him from playing football, but they have also offered his employment of his work changes in his personality, headaches, memory loss and confusion.

The BC court is taking this situation seriously, but that isn't the first time a lawsuit like this was thrown out of a court and went to the lost. However in 2014 there were 4,000 players who successfully sued the CFL.

It should be like Bruce that the only solution should be paying more attention to athletes injuries. Concessions have been a problem for years but are often ignored because they are an avoidable injury. Concussion and trauma could make more these players are fully involved before returning to play.

No player should be let onto a field if they are still suffering symptoms of a concussion because it puts the player at

greater risk. Injuries have been denied because of a second impact to the head, including high school rugby player Harvey Strasser.

Concessions need to be taken seriously. By throwing out a lawsuit and saying it isn't an issue that should be resolved by the court, but must be resolved through the process and arbitration process is ridiculous. The CFL should have taken more action and the lawsuit shouldn't have been thrown out because the league put Bruce at risk and may have made his symptoms worse by letting him play. All leagues need to stop denying that concessions aren't a life-changing injury or symptoms on the sport.

There is a right solution isn't being protected from concessions as much as they should be. Concussions shouldn't make athletes feel like they have to play just, just because it may be an important game. I think more strict rules need to be put in place and a referral for athletes returning to play after a concussion. Also how much should be done and how many these athletes are suffering and need to know the status is not being reported.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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Cosplay, I choose you

By Susan Matheson

It was 1984: the year of *Chunibyo* and *Shounen-ai* and the year that Dora was turned into a movie. It was also the year the term "cosplay" was coined.

According to the web site www.hirokazu.com, a man, Japanese reporter Ikuo Takahashi, invented the term to describe what he saw at the 1984 Los Angeles World Science Fiction Convention, more popularly known as *Worldcon*. What Takahashi saw were people wearing costumes in the halls and a science stage dominated by the most outrageous of those who had chosen to come as costumes.

Though many had attended conventions in costume long before 1984, the tradition had finally been given a proper name.

The popularity of cosplay — or costume role play — has grown exponentially since the 1980s, becoming a staple in Japanese pop-culture parts of Asia and the Western world. Part of the beauty of cosplay is that inspiration can come from anything: video games, television series, comic books, horror or science and science characters, just to name a few.

"I've always loved movies, sci-fi, manga, anime, and video games," says student and avid cosplayer Keren Adams. "So when I found out that people would actually dress up as elaborate characters, that was the fun, anyone of the year. It was really exciting to me."



PHOTO BY KAREN MATHESON

On March 16, thousands of people attended the Toronto Convention Centre's 2013 Anime Expo. In front left: Keren Adams, Kaito Nakamura, and Tessa Nakamura. In the center: Kaito Nakamura, Kaito Nakamura, and Kaito Nakamura.

Adams said she would recommend that everyone try cosplay. She said a lot of people may be scared to try it because they believe they would not do the costume justice. Adams said as long as you are having fun, that is all that matters.

"It won't matter if you should not quite stand or your cape isn't quite the right

shade of purple," she said. "Cosplaying has been a huge social experiment for me. It's taught me to open up more and be comfortable around people I don't know."

She said giving the chance to talk to strangers while acting as the character you have dressed up as is a great way to boost your confidence.

"Honorify if you can walk

around downtown Toronto in a light, carrying a giant bottle or a stuffed dog, you'll have a very hard time being self-conscious about your own self today," she said. Adams said some conventions are a good way to meet like-minded people.

The Toronto Convention Centre has been held each year at the Metro Convention Centre

since it began in 2007. This year, the three-day convention was held from March 16 to 18 and for some artists, Adams it was their first time attending such an event.

"This is my first time coming here," said Jordan Sherry, who was dressed as Ash Ketchum from *Pokemon*. "It's almost like being famous for a day."



WORKING OUT CAN HELP YOUR MENTAL HEALTH

James Quinn works out at Conestoga College's Athletic and Fitness Centre on March 20. In just 20 years old, the 20-year-old student says working out is a great way to stay healthy and happy. He is a regular at the gym and says that it has helped him with his stress and anxiety. He is also a member of the college's sports team and says that it has helped him with his mental health.

PHOTO BY KAREN MATHESON

Why not use natural ingredients?

BY CHRISTINE ALLEN

Spending a lot of money on hair and skin products with ingredients that you want pronounced can be a little frustrating. Also, you're not sure what you're getting in your hair or on your skin so you can't be sure of the benefits or disadvantages.

Turning up my grandma means and means things used also better on their skin and hair. I'm a founder and CEO of Face Lynn & Adams. They never used store-bought moisturizers and they had good skin.

Face Lynn & Adams is an Atlanta-based natural skin care company that was founded by Kelly in 2015. The name of the company is named from her grandmother's name and mother's name. The skin

care line currently has four products which are all made from whole food ingredients. Black hair soap liquid hair soap makes your hair soft and shiny. Body butter.

"I call my company a OneCo company because the ingredients are sourced locally and internationally and they

The skin butter used in Face Lynn & Adams products is obtained through the Fairtrade program, which allows the Ghanaian women who gather these skin nuts and harden the butter to receive fair and steady income as well as give back to the community in the form of community development projects. AllCo and natural cosmetics and educational school supplies.

The locally sourced ingredients include pure honey

from Little Bear Project in East Atlanta, organic coconut oil from organic coconut oil and essential oils.

When you purchase natural, handmade products, you have the option of getting exactly what you need and know the exact benefits.

After our products are out, the only products you should think about buying (which are not the best products to use in your hair).

"I had my hair cut and straightened 13 years ago and all I've used on my hair since then has been organic Black Jamaican castor oil, and I've changed it to honey."

Also, you can make your own natural skin care and hair care products in the comfort of your own home and save money.



PHOTO: CHRISTINE ALLEN

Face Lynn & Adams offers a variety of different natural and ethical hair products.



These are the best of the products in the Face Lynn & Adams line. The products include black hair soap liquid hair soap and the most body butter and organic shea butter.



Our OneCo shop founded Face Lynn & Adams in 2015. It's the place up in Atlanta where shea butter was a staple product and decided to share that with the world.

DO YOU KNOW

Benefits of Black soap

Black soap does not turn skin and improves skin texture for growing skin.

Black soap helps even out skin tone, helps with skin discoloration.

Black soap has antibacterial and antifungal properties and is great for deep pore cleaning. It also is effective in removing makeup because of the oils and butters.

The oils in black soap provide soothing properties to remove dead skin cells, improving fine lines, softening and rejuvenating rough skin. It also acts as a natural hair oil. It is often used during shaving because of the oils and butters. For sensitive skin, products like soap.

Benefits of shea butter

Shea butter is a natural moisturizer for the face and body.

Shea butter helps prevent skin aging and weight gain and loss.

Shea butter helps reduce scars and stretch marks.

Shea butter is a natural moisturizer for the face and body.

Shea butter helps reduce scars and stretch marks.

Shea butter helps reduce scars and stretch marks.

Shea butter helps reduce scars and stretch marks.

DIY whipped shea butter styling cream

Ingredients

Two tablespoons of shea butter
2 tablespoons of Jamaican Black Castor oil
2 tablespoons of coconut oil
10 drops of ylang ylang
10 drops of rosewood oil
2 tablespoons of shea butter

Directions

In a mixing bowl add all your ingredients and mix by hand or with a standing mixer until you get a smooth creamy consistency.

Tip: Store in a glass jar. It's best to use the whole jar.



PHOTO BY CHRISTINE ALLEN

Rehabilitated Face Lynn & Adams offers for individuals that the hair helps care of the 11 years with black hair care center in



PHOTO BY CHRISTINE ALLEN

Creating hair grows rapidly because the skin's natural hair products.



HOROSCOPE

Week of March 20, 2006



Aries
March 21 -
April 19

Good numbers in your head. Double! Will it matter on numbers from now? If not, don't bother with it. You have it in the reliable.



Taurus
April 20 -
May 20

Breakdown your imagination. Also and possible. It's there something that suggest you let it. It's OK to get into something if you don't with the right property.



Gemini
May 21 -
June 21

You know that friend who always has your back every day of the week? Buy him some. Treat him to a dinner. He's looking under appreciated.



Cancer
June 22 -
July 22

You're going to have a rough week, not going to be. Everybody else can't in a while, and that's OK.



Leo
July 23 -
August 22

You need to be a little bit more patient. Not everyone is as quick as you, so you're not making other people feel more equal.



Virgo
August 23 -
September 22

You're not some someone else's baby, but you're not writing any of them down. As early as possible, you're not at the moment, it may prove differently in the future.



Libra
September 23 -
October 22



Libra
September 23 -
October 22

When someone does some thing, more for you that you may not have wanted, accept it anyway. Take the other person's feelings into consideration.



Scorpio
October 23 -
November 21

You take construction into some to heart, but you need not. It's going to help you improve if you just listen rather than take offense.



Sagittarius
November 22 -
December 21

There is going to be the death of you if you don't take some sort of a trip soon. Even for a few days. Treat it.



Capricorn
December 22 -
January 19

It might be hard to believe, but all the work you've been putting in is already paying off in ways you can't yet see. It's only going to get better from here.



Aquarius
January 20 -
February 18

I know you're thinking of quitting, but don't. It's not just a little bit longer and you might be surprised with the results.



Pisces
February 19 -
March 20

You may think your friends are going to give fun of you if they find out, but they probably won't. If they do, were they truly your friend to begin with?



"They thought it was all over, but they were wrong."

Useless Facts

A duck's quack doesn't echo and no one knows why.

A snail can sleep for three years.

The words "not" and "anyway" are the same, whether they are used left to right or right to left.

If you keep a goldfish in a dark room, it will eventually turn white.

The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.

Sudoku Puzzle

		8		4		9	5	
1	3		9	8				4
	7			1		3		
	2	6			9	8	1	
			6					7
	9	3	8	5			2	
3			4		7		6	2
	5			3		1	4	
6	4		1					

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Mount Everest

J	J	N	K	E	A	P	R	E	H	B	L	O	J	X	C
A	N	O	R	B	S	E	Q	U	I	P	M	E	N	T	D
S	I	I	C	A	L	T	I	T	U	D	E	U	X	R	U
I	A	T	E	T	S	E	R	E	V	E	N	I	K	Y	R
A	T	A	D	D	I	E	H	P	X	E	E	Y	O	A	
O	N	W	B	M	M	N	X	Z	P	H	O	T	O		
Y	U	I	N	K	M	U	N	B	Y	E	A	I	E	R	E
E	O	M	A	O	K	K	N	U	M	D	L	S	E	N	J
N	M	R	E	S	I	S	T	D	S	I	I	B	U	E	A
T	D	E	B	O	O	T	S	Y	H	T	M	F	A	G	J
U	H	T	N	B	S	E	A	G	O	I	X	N	V	Y	U
R	S	E	P	Q	R	U	S	V	L	O	L	P	J	X	I
E	H	O	M	K	R	W	E	B	E	N	E	L	O	P	
W	E	A	T	H	E	N	Y	P	M	L	E	I	A	J	K
Y	Z	F	R	O	S	T	S	I	T	E	M	D	R	Z	
S	U	O	R	E	G	N	A	D	D	O	U	N	I	Y	

Mountain
Everest
Adventure
Summit
Himal
Tibet
Asia
Glasgow
Eleven
Dengxian
Expedition
Oxygen
Altitude
Frostbite
Rope
Boots
Sherpa
Edmond Hillary
Equipment
Determination
Climbing
Weather

Optimus Prime is a character in the Transformers movie franchise. He is a robot who is a leader of the Autobots.

Local design business taking flight

BY JIM NEPHELE

In a video he filmed with the Waterloo Region Small Business Center, Mohamed Beharav described a situation he found himself in when a friend asked him for help and he couldn't provide it.

"I still feel weak in bed like most men again," he said.

At the beginning of 2004, Beharav, a public relations student at Cambridge College, started 3D under Brand. His friends too soon he wanted to go back to the classroom.

His plan was to create a company that offered not only excellent quality skateboards, but also one that represented his ethical, environmental and social values. He wanted to inspire people to embody the change they wanted to see in their neighborhoods.

Beharav decided to operate under the unofficial slogan of "ethics and an opportunity."

"It's easier to make a better world today and the opportunity to do so is a successful way," Beharav said.

Beharav was founded in 2014 in the basement of James House, a friend of Beharav's at the time, then the "State of the Fair" museum in his home.

Since for the Fair was an industry to support local



Mohamed Beharav, a public relations student at Cambridge College, stands behind his new business because he wanted to give back to the community. A person is sitting on a skateboard with a bird graphic on the deck.

gains in need of basic life necessities like nutrition, shelter and education. From the get-go, a portion of all profits would go to the homeless youth of Waterloo Region.

So Beharav, it was an issue that he had to face.

"Five years ago I was sleeping on a park bench in Cambridge," said Beharav. "I just want to show that as long as you work hard and stay through the dark times, there is a way to achieve your goals."

Beharav has faced his own share of hardship. In a blog post entitled "The Dark Side of Business," he shares how the stress faced by those who live the entrepreneurial lifestyle and their susceptibility to mental health issues.

"Many entrepreneurs have admitted to struggling with self-worth, they struggled through crippling anxiety and depression and there were times when they almost gave up on their dream."

So too, Beharav spent six months of hard work and dedication. Demand for their products quickly surpassed what they could make themselves as Beharav found more ways to be a business in business model. They stopped producing physical products and restructured themselves as a design company.

They now sell designs to well-known manufacturers across the world.

"I was absolutely surprised

by the growth of my company," said Beharav. "I didn't expect the brand to see the success that it did but I am forever grateful for it."

At the beginning of 2014, 3D under operated with a budget of \$5,000. By 2014, that budget had skyrocketed to \$100,000.

While Beharav spoke to potential investors he often struggled with depression and anxiety. He might have missed everything he had seen a marketing plan.

He found his place of hope in the form of a program called Summer Company, run by the Waterloo Region Small Business Center.

"They provided start-up money to help with the costs and I was granted mentorship from local business professionals and experts," he said.

Summer Company is a program for young entrepreneurs and is funded by the Province of Ontario through the Ministry of Economic Development, Trade and Employment. It is also supported by the Government of Canada.

Successful participants in the program can receive funding up to \$1,000 to help with business start-up costs.

"I wouldn't have been able to launch the business as successfully as I did without their help," he said.

Aside from Beharav, 3D under Brand employs four designers, two marketing and brand ambassadors and two

product developers.

Based in Cambridge, they also operate satellite offices in his home and New York City and are planning to open an office in Ontario, Ohio this summer.

Beharav has sold designs globally with markets in various countries including Russia, France, England, the United States, Argentina, and Italy.

Beharav stimulates his passion to hard work and modern cars, but it's been for them a colorful. Beharav takes a big toll on him but he manages it the best he can.

"I try to relax and go to the gym or play a video game to help manage the stress," he

is facing depression. Beharav stressed the importance of finding a strong support system, going to the university in person and for students to connect with if they were struggling.

Since more advice he has the perspective entrepreneurs in seeking help from those who come before you.

"Mentoring is a business as hard as make sure you network and find the right mentors," he said.

Thanks to the work and dedication of Beharav and his employees, the prospects for 3D under Brand are bright. Last year, Beharav made a profit of \$11,000.

As for Beharav, he plans on



Mohamed Beharav is a student who sold designs all across the world including in Russia, France, England, Argentina, Italy, the United States and South Africa.

growing new ideas soon.

"I plan to step away from 3D under Brand in the near future and focus on new ventures," he said. "I have a group of employees who I believe are able and I am growing them to take the brand on to be a success in the future."



3D under Brand

This is the Museum's one of the best designs by Mohamed Beharav.

"It feels like you're stuck living that moment in a loop."

Joy Lang



PTSD more widespread than first thought

EVENT AND PEOPLE: ILLUSTRATIONS BY JACQUELYNNE HARRIS

Take a moment and imagine going out for lunch with your friend. You are a used CD store up ahead and happen to happen passed up to walk past it. You're home in that day as you'll be fine. As you walk past, the friend suggests you find an and because for the (Mama Macanista CD) she had been working to listen to. That is where the panic and full hearted fighting off finally take. The last time, because of the heart, and to have the chance to go to the first going on inside you. You stand outside the store as your mind relives a terrifying moment you lived every year before, over and over again.

That is what it can be like for those who suffer from post-traumatic stress disorder (PTSD). Incidents from a person's past can have such lasting and life-altering effects that every day would be suddenly over their own a whole person.

I have a friend, that was injured outside of a store, and Joy Lang, a musician at Central Counseling and Education in Waterloo who works with people who suffer from PTSD on a regular basis. "How they go out of their way to avoid that type of stress."

When it comes to PTSD the smallest thing can trigger a full blown attack. Something as simple as a type of stress or the reminder of a sign on an overhead conversation can be enough to take a person who has suffered a trauma back to the day it happened.

PTSD and recovery don't have a time frame and people don't get that. They need to understand that.

Joy Lang



"It feels like you're stuck living that moment in a loop," says Joy Lang. "This, and I've got, away from it."

That is exactly true for Joy that her real name) who survived a sexual assault when she was 17. Six years ago, which was more than 20 years after the incident, she was asked by police if she wanted to once again pursue charges against the man who assaulted her. In an expert statement, she said that more than 20 years later she found her mind would not still affected her daily life.

"The nightmares. They happened every night for nearly two years. At times like that as they have become less often, but they still happen. Now I see my daughter in the situation rather than myself, it bothers me."

The statement identifies other key aspects of her life that she states are not "normal." There are activities she cannot participate in with her children, it affects her sex life, she still wakes up screaming in the middle of the night, and sometimes feeling like in the middle of the night, she has to jump over it as if the man she has been married to for many years. The parents on long her daughter about her sexual assault.

"It really set down my daughter. Last year and told her, because she didn't understand why I was so mean, so afraid. I had to explain to her that no matter how long she is, how much in her mind, very bad things can happen to her."

"I spent years trying to control the situation my daughter was in," said Amy. "When she was 10 or 11 things got really bad. She wasn't allowed to be out after dark, she had to tell me exactly where she was and who she was with. I tried to change her but her brain had been so broken, if she went to her house I couldn't bring anything from happening to her. What if that friend a father contacted her? Or the teacher? Or the uncle? She was so much like her mother. She was strong, she thought she could handle everything. I had to tell her so she knew that it was happen."

According to Lang, those who suffer from PTSD often struggle with situations like this. As their children grow up they live that the same trauma could happen to them and it affects the way they live their lives.

"When things happen as kids they struggle all over again when their kids get to that age," said Lang. "They are sometimes in that kind, they begin to picture their kids being the ones who get hurt instead of themselves. They see their child and just think, 'Look how like they are, someone needs to protect them. Because should have protected me.'"

The PTSD Association of Canada's website defines PTSD as "a serious condition that can develop after a person has experienced or witnessed a traumatic or terrifying event in which serious physical harm occurred or was threatened."

Using the definition of PTSD it is clear that the list of people who can suffer from PTSD is much more extensive than those who have suffered from a physical assault.

In September 2014 an 18-year-old Canadian woman fell to her death from the 13th floor of a

building on Father David Bauer Drive in Waterloo. In an incident like that many people are affected, including the other residents on site who saw her fall and some suspect her body would come flying in, even arrived. The first responders who rushed to the scene to look after the case, any people passing by on the street and the young man's family.

The PTSD Association of Canada estimates the lifetime risk of victims. First responders, paramedics, emergency personnel and police officers are listed as people who are at greater risk.

In terms of first responders it is already becoming more accepted that the things they see and experience can take a toll on them, though there is still quite a stigma surrounding it.

"We have identified that there is an issue, and that there's public education about it," Waterloo Fire Station. "We are doing our best to help our people but there just isn't enough resources for them quite yet. We are slowly making progress in the acceptance of the stress and seeing a push for them to be helped for them."

Lang had the stigma still surrounding PTSD is firmly based, it is not understood. The process who has suffered the trauma is no longer the same person that was in at the beginning of the story.

"It's a complicated thing," said Lang. "They need these ways out of their panicked state. When they are triggered they often feel panicky then they are, as if they are back in the moment the incident happened."

There are many places that people can find support, including counselling and in person support groups. Though Lang said many of her clients have found the support they need online.

"Sometimes they feel a sense of shame and don't feel comfortable talking to someone in person," said Lang. "The Internet allows them to connect with more people. Often they are surprised to find others who have had similar experiences and find there is a lack of judgment."

PTSD is an illness that can affect anyone, however, Lang said people can begin to feel shame because something from years ago still affects them, that people on their own can't forget how broken an issue was for the individual and eventually don't understand that the person has to live with those memories every day.

"They feel like this shouldn't happen," said Lang. "They struggle with the idea that it shouldn't be a big deal, especially if they know the incident was a possibility."

When it comes to dealing with PTSD Lang said research is always changing. There are new ways of helping that old ones. She says those who are struggling with an illness like PTSD is not help.

"I think what creates us the most is when you think things like 'Oh, man, no, it was 20 years ago. It's time to get over it.' And Joy. The matter how much I want to not think about it as much as I can't put that back in my life. It's not that to me, it has affected everything in my life from then on. PTSD and recovery don't have a time frame and people don't get that. They need to understand that."